

- CONTENTS -

1. History
2. Measurement of Field and Court
3. Rules of the game.
4. Fundamental Skill.
5. Terminology
6. Important Tournament.
7. Equipment
8. Physical Fitness (AAPHER)
9. Senior Citizen Fitness Test For 5 elderly Family members.
10. Introduction of Yoga
11. Asanas, Benefits and Contraindication for each lifestyle disease.
12. Back Pain → Vakrasana, Shalabhasana
13. Obesity → Trikonasana, Ardhamatsyendrasana
14. Diabetes → Bhujangasana, Paschimottanasana.
15. Hypertension → Tadasana, Ardha Chakrasana.
16. Asthma → Chakrasana, Gomukhasana.

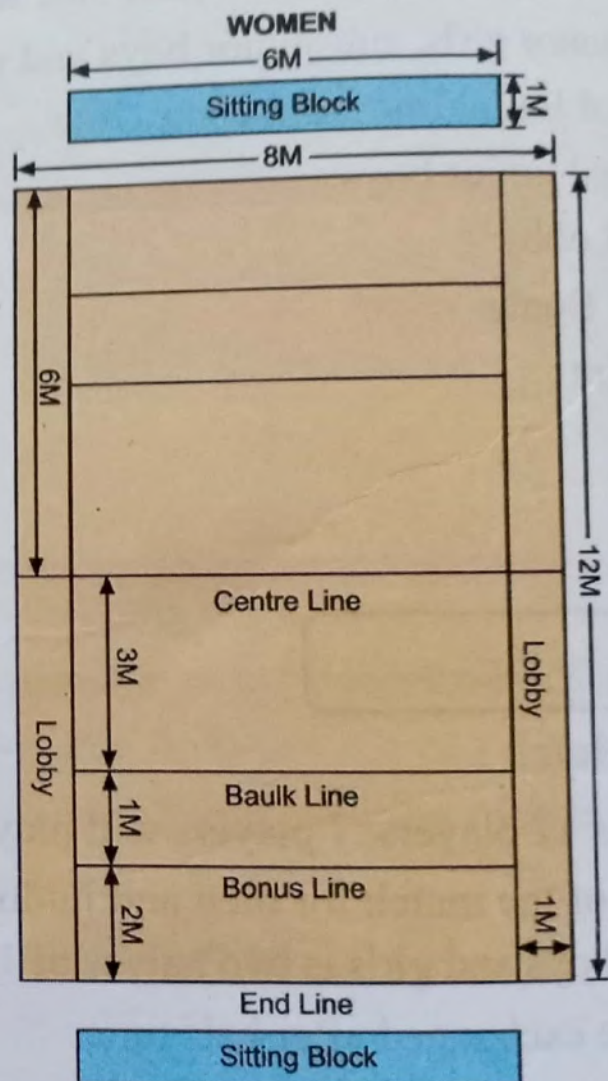
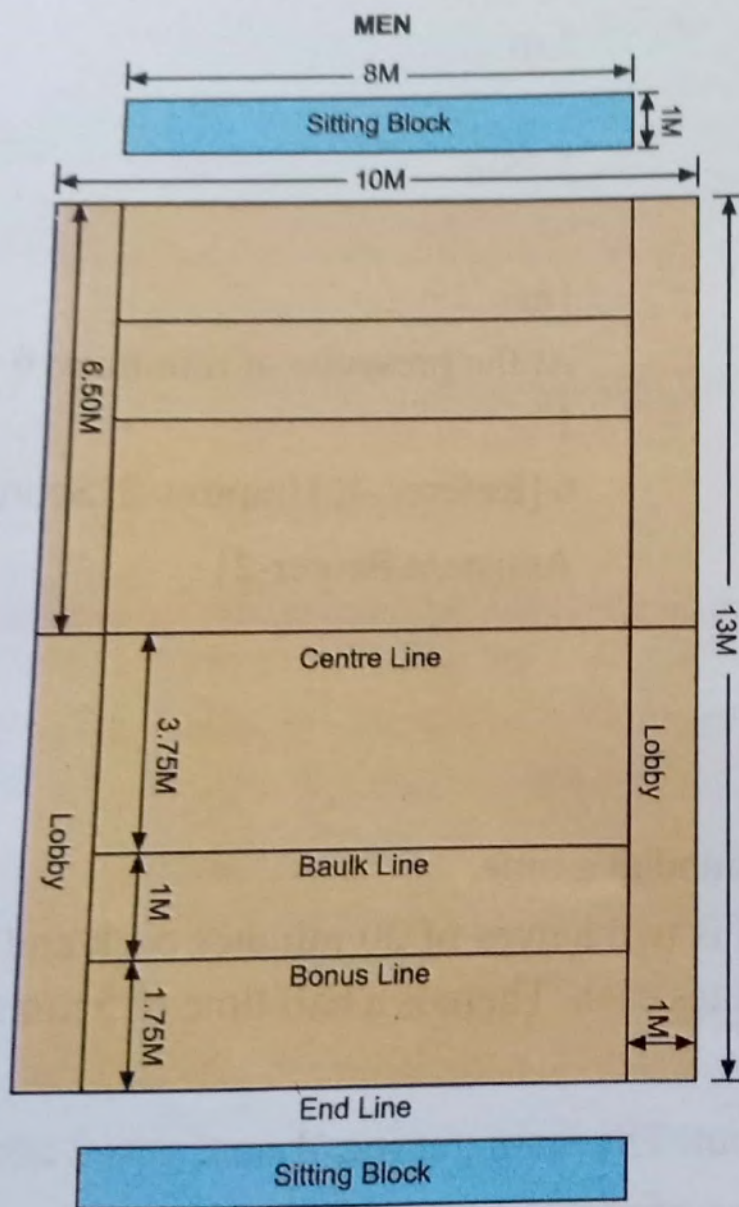
Remarks

History

1. HISTORY

The origin of Kabaddi has its roots in ancient India from the epic era of the Mahabharata. This game is very popular in rural parts of India as it has simple rules and does not require any equipment. Kabaddi rules were framed in the year 1923 and later revised in 1934. Kabaddi is controlled by *International Kabaddi Federation (IKF)*. In India *Kabaddi Federation of India (KFI)* regulates its rules and development. KFI was formed in 1952. Kabaddi was a demonstrative game in the 1982 Asian games at New Delhi. It was officially introduced in the Asian games in the year 1990. Though this is not an Olympic game yet efforts are going on to get its recognition in Olympics. India has the honour of winning all the gold medals in the Asian games. It is known with various names in different parts of India (*Hu-tu-tu*, *Att-patt*, etc).

Field



Kabaddi Ground

Length of the play field of Kabaddi for Men	= 13 m. (12.5m Old)
Width of the play field of Kabaddi for Men	= 10 m.
Length of the play field of Kabaddi for Women and Juniors	= 11 m.
Width of the play field of Kabaddi for Women and Juniors	= 8 m.
Measurement of Play Field for minor or Sub Junior girls and boys	= 9.50 m. \times 6.50 m.
Width of Lobby	= 1 m.
Distance of the centre line from bauld lines men	= 3.75 m.
Width of the centre line and other lines	= 1 \times 8 m.
Size of the block for men	= 1 \times 8 m.
Size of the block for women and juniors	= 1 \times 6 m.
Duration of match for men	= Two duration of 20 min. each
Duration of match for women and juniors	= Two duration of 15 min. each

Period of interval	= 5 min.
Number of Players in each team	= 12 (7 + 5 extra)
Officials	= Referee 1, Time Keeper 1, Umpire 2, Scorer 1, Linemen 2 to 4

Latest

general

rules

2. LATEST RULES OF GAME

- (i) In this game, two teams of seven players each take their positions in its own half side of playing field.
- (ii) One player (raider) gets the chance to 'raid' in opponent side, by speaking 'Kabaddi-Kabaddi' (in single breath).
- (iii) He moves in a dodging pattern in an attempt to touch opponent players and reach back safely to his side.
- (iv) The opponent players also try to catch hold of the raider so that he cannot go back to his side.
- (v) This way they are benefitted with points.
- (vi) If they are unsuccessful in this, they are punished as 'Out' and sit behind the end line. They will sit till their teammates are able to get him a life. This way raids continue during play.
- (vii) A raider is awarded one point if he crosses the bonus line when the number of opponents are five (or more than five) and reaches back safely.
- (viii) An addition of 2 points 'Lona' are given if all the opponent players are made out during play.
- (ix) Each raider has to cross Baulk Line during raid. Lobby area can only be used during struggle.
- (x) No player can hit, push, etc., during struggle.
Fouls : Violent tackling, more than 5 seconds to raid, hitting the out raider, side push, etc.
- (xi) The duration of match shall be two halves of 20 minutes (M) ; 15 minutes (W), with rest period of 5 minutes in-between each half.

Fundamental Skills

Fundamental Skills of Sport :

Kabaddi is mainly the game of touching. So, it has more importance of skills like cleverness, to dodging, hitting shoulders etc. A player should be active and powerful physically. He should also have efficiency in a successful raid or in offence.

(i) **Leg Thrust** : This skill is used for moving ahead. In this game, a great efficiency is required to move forward or come back. If the leg is moved forward, then it requires great activeness to move back. It is very important to maintain balance. In this, the attacker has to thrust the leg by pushing the opposite player and then it has to be immediately pulled back so that the opposite player can not hold it.

(ii) **Touching with Hand** : Following are the ways to touch the opposite player with hand:

- (a) To touch the upper part of the body with hands. (b) To touch the lower part of the body with hands.
- (c) To touch directly with hands. (d) To touch with hands by lying down on the ground.

(iii) **Jump and Dive Counter** : To suddenly dive on the chaising players and also to maintain balance simultaneously is an act of great physical power. This touch is beneficial only when the raider is in the opposite court and no part of his body is in his own court. Here, the raider has to attack and move back immediately.

(iv) **Wrist Catch** : Although a player's arm can be held by any part before the wrist but wrist catch is preferred. This catch is used when the raider tries to touch the opposite player from forward or from one side. During this skill, the opposite player's try to do a fake hold is very important. The opposite player should first move his hand ahead to test the consciousness of the player and then, when the raider's attention is diverted to some other player, he should hold his hand.

(v) **Kick from Front and Side** : To kick from front and side are same things and are done in the same fashion. When the raider is standing in the opposite court's corner and watching the opponents carefully, then suddenly he uses side kick.

(vi) **Back Kick** : Back kick is used on the player chaising the raider when he is trying to catch hold of raider. At this moment, the raider kicks back by stopping or just slowing down a bit. When the raider feels that he is being chased and the chaiser is very near, he surprises the chaser by suddenly kicking back.

(vii) **Defensive Skills** : The defensive skills are not very important in this game but almost all the skills are used to counter the raiders attacks. Arms are mainly used to catch the raider. The arms of a kabaddi player should be very strong and should also have a very strong grip. The fingers, shoulders, wrists, thighs, waist and ankles are known as attacking organs. The role of captain is very important in the defensive skills and he gives a calm direction in each situation, which depends upon the wisdom and coordination of the team. Holding by legs, holding from waist, holding whole body, wrist catch, thigh catch, ankle catch, heel catch, crocodile catch etc. are some defensive skills.

Terminologies

Terminology uses in kabaddi:

1. **Raid:** The **player** who attempts to go in opponents half play field with single breath of cant.
2. **Catch:** The **defensive player** of grabs from the raider and completely over power them, so that he cannot return safely to his own half.
3. **Live:** A player become alive, if a player of **opponents** team is made out or during raid own team member makes touch to **opponents** and returns back safe to own team safe to his own half.
4. **Dead:** During raid if the raider touches **opponent** and return back safe to half, then the **player** whom the touch has been made are considered as dead. They will only return for playing with the help of own teammates, which Will make them alive.
5. **cant:** It is repeated clear sound from the raider in a single breath. "**kabaddi, kabaddi**".
6. **Broken cant:** If the cant or '**kabbadi , kabbadi...**' is broken in the single breath during.
7. **Hu-Tu-Tu:** It is an another name of **kabaddi**.

TERMINOLOGY RELATED OF KABADDI

1. **Lobby** : It is 1 m free space area by side of playing area which can only used during struggle between raider or catcher.
2. **Cant** : It is repeated clear sound from the raider in a single breadth. "Kabaddi, Kabadi.."

3. **Catch** : The defensive player if grabs the raider and completely over power them, so that the cannot return safe to own half.
4. **Bulk Line** : Bulk lines are parallel to middle line at a distance of 3.25 mts for men 2.50 mts for owmen in each court.
5. **Anti** : Player in whose court raid is made is called anit.
6. **Raid** : The player who attempts to go in opponent half play field with single breath of cant.

Important Tournaments

IMPORTANT TOURNAMENTS

1. Federation Cup
3. Gold Cup Mumbai
5. Inter University Kabaddi Tournaments
7. Asian Games

2. National Kabaddi Championship
4. 'P' and 'T' Cup
6. All India School Kabaddi Tournaments
8. Asian Championship

SPORTS AWARDS

ARJUNA AWARDEES



Sadanand Shetty	1972
Bholanath Guddan	1973
Shakuntla Khatakar	1978-79
Shanta Kumar Jadhav	1980-81
Monika Nath	1988
Maya Kashinath	1983
Miss Rama Sarkar	1986
Hardeep Singh	1990
Raja Ratnam, Ashok Shinde	1994

P. Ganesan	1995
Randhir Singh	1997-98
Assan Kumar, Vishwajit Patil	1998
Teerth Raj, Balwinder Singh	1999
C. Honappa	2000
B.C. Ramesh	2001
Ram Mehar Singh	2002
Sanjeev Kumar	2003
Sunder Singh	2004

DRONACHARYA AWARDEES



Gurdial Singh	2000
Rajinder Singh	2003

M.K. Kaushik	2002
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DHAYAN CHAND AWARDEES

Ashok Divan	2002
Charles Cornelius	2003
Rajinder Singh	2005

Dharam Singh Maan	2003
Hardyal Singh	2004

Equipments

Specifications of Playfield and Basic Requirements/Equipments :

- 1.** The playground should be soft, levelled and rectangular. The size of playground for men and junior boys will be $13\text{m} \times 10\text{m}$. For women, girls and sub-junior boys and girls the dimension of the ground is $12\text{m} \times 8\text{m}$.
- 2.** The dress of the men consists of nickers and vests. There should be an underwear beneath it. There is no permission to wear belt, safety pin or rings. The match number should be written on the front and back of the vest.

MEN

Aaphe Physical Fitness Test

Aahper Test...

It is a motor fitness test. Earlier the name of this alliance was AAPER i.e. American Alliance for health, physical edu. and recreation. but now it is known as AAPERD i.e.

"American alliance for health, physical education recreation and dance" and is one of oldest organisations of USA. The 1st test was published in 1958 then was revised in 1965 and in 1976 final Test manual was prepared with following items.

- (a) Pull ups (for boys) & flexed arm hang (for girls)
- (b) Flexed leg situps
- (c) Shuttle run
- (d) Standing long jump.
- (e) 50 yard dash.
- (f) 600 -yard run walk.

PULL-UPS FOR BOYS



Purpose: To measure arms and shoulder strength.

Equipment: A metal or wooden bar approximately 1½ inches in diameter and a stopwatch.

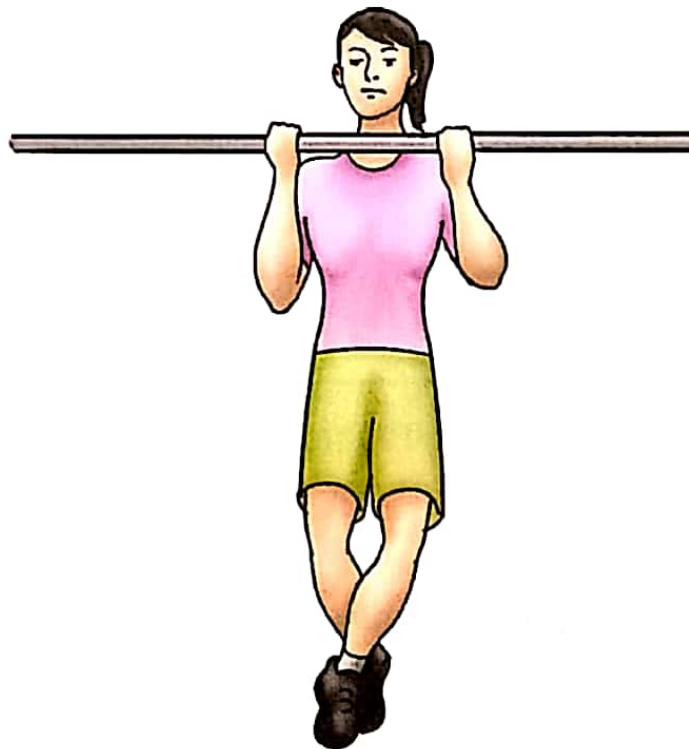
Procedure: The height of the bar is adjusted according to the height of the student. The student holds the bar

with his palms facing away from him and raises his body so that the chin reaches above the level of the bar. This test measures the total number of repetitions without taking rest by noting the number of pull-ups done. One score is awarded for every pull-up.

Rules: The student should not swing his body. The pull should not be a snap movement. In case this happens, the guide should extend his arms across the front of the student's thighs.

Scoring: The number of completed pull-ups is recorded to the nearest whole number.

FLEXED ARM HANG FOR GIRLS



Flexed arm hang for girls

Purpose: To measure arms and shoulder strength.

Equipment: A metal or wooden bar approximately 1½ inches in diameter and a stopwatch.

Procedure: The height of the horizontal bar is adjusted approximately equal to the standing height of the

Scoring: The score is counted as the maximum number of sit-ups done in 1 minute.

SHUTTLE RUN



→ Shuttle run

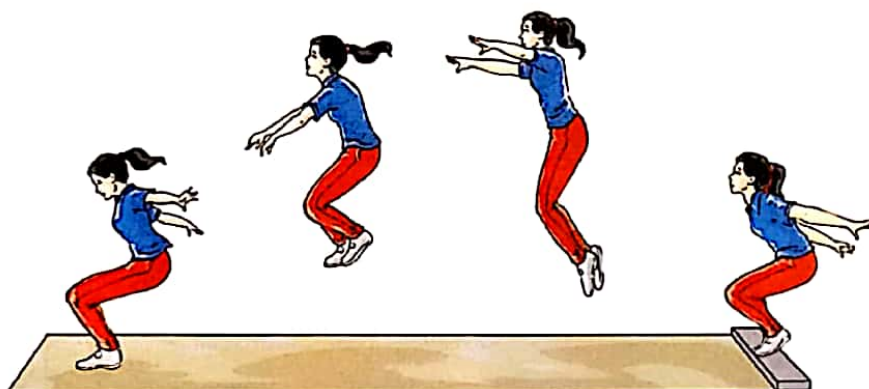
Purpose: To measure speed and agility.

Equipment: Two blocks of wood (2 × 2 × 4 inches) and a stopwatch.

Procedure: Two parallel lines are marked on the ground 30 feet apart, and two blocks of wood 2 × 2 × 4 inches are placed behind one of the lines. The student stands behind the other line. On start, the student runs towards the wooden blocks, picks one of them and runs back to the starting line, places it behind the starting line. They then run back and pick up the second block and carry it to the starting line. Two trials are allowed.

Scoring: The time taken in both trials are noted down and the best one is taken as final score.

STANDING LONG JUMP



→ Standing long jump

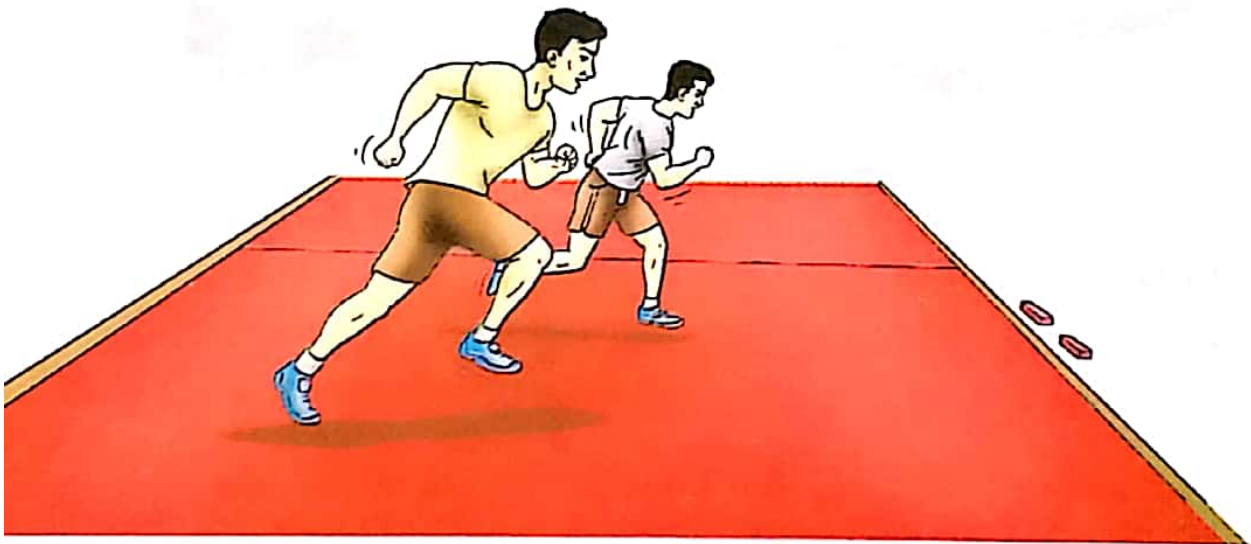
Purpose: To measure power.

Equipment: A mat or clean floor and a measuring tape.

Procedure: A take-off line is marked on the ground and the student stands behind this line with both feet apart. The student then swings the arms and bends the knees, and then jumps into the long jump pit. The distance from the take-off line to the heel or other part of body that touches the ground nearest to the take-off line is measured and noted in feet and inches. Three trials are given.

Scoring: The best score of the three is recorded as the final score.

50-YARD DASH



- 50-yard dash

Purpose: To measure speed.

Equipment: Stopwatch

Procedure: The students are asked to run 50 yards.

Scoring: The time taken is recorded as the score in seconds to the nearest tenth of a second. The time

taken is the amount of time between the starter's signal and the instant the student crosses the finish line.

600-YARD RUN



- 600-yard run/walk

Purpose: To measure endurance.

Equipment: Stopwatch.

Procedure: The students are asked to run or walk for a distance of 600 yards from a starting line.

Scoring: The time taken is recorded in minutes and seconds.

② Flexed leg Sit ups ...

The student lies on the back with legs in flexed posⁿ i.e. in bent knee position. One's hand should be behind the neck. Elbows must touch the knees while doing sit ups. The total number of repetitions are noted in 1 min.

*Senior
Citizen
Fitness Test*

Even in old age, people want to be fit and be able to continue to do their work without pain as long as possible. It requires proper fitness regime during old age. In the beginning, there were not enough tests to assess functional fitness. This test is also known as **Fullerton Functional Test** of senior citizens. **Rikli and Jones** developed the Senior Citizen Fitness Test in 2001. This test has proved to be beneficial for senior citizens. It helps the early identification of at-risk participants. Along with this, it is significant to plan safe and effective physical exercise programmes for senior citizens because individual's health and fitness level can be known better with the help of this test. The Senior Citizen Fitness Test includes the following test items.

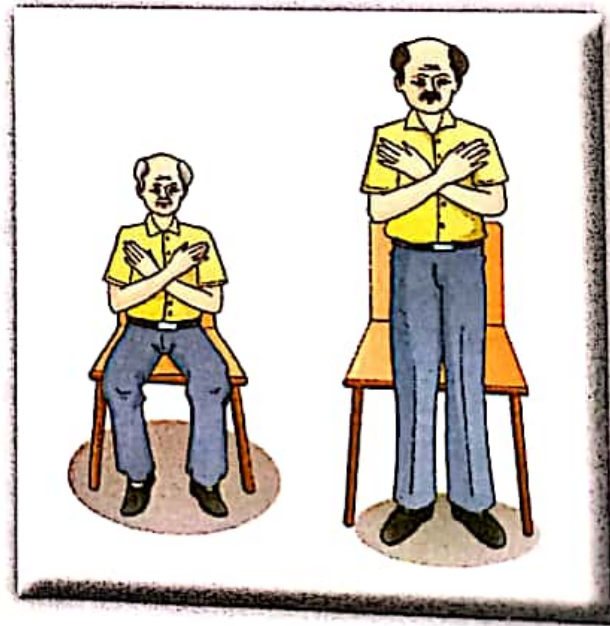
A. Chair Stand Test

Purpose. The main purpose of this test is to measure the lower body strength, particularly the strength of legs which is usually required for various tasks such as climbing stairs, getting in and out of vehicles, bath tub or chair.

Equipment Required. A chair with a straight back and a seat of at least 44 cm and a stopwatch.

Instructions for Participants

1. The participant should sit in the middle of the chair.
2. He should keep his hands on the opposite shoulder crossed at the wrists.
3. The feet should be flat on the floor.



Chair stand test

4. His back should be erect.

5. Repeat standing up and sitting down for 30 seconds.

Administration of Test: Keep the chair against the wall. The participant sits in the middle of the seat. His feet should be shoulder width apart and flat on the floor. The arms should be crossed at the wrists and held close to the chest. From the sitting position, the participant should stand up completely and then sit down completely at the start of the signal. This is repeated for 30 seconds. Count the total number of complete chair stands. In case the participant has completed a full stand from the sitting position when the time is finished the final stand is counted in the total.

Scoring. The score is the total number of completed chair stands during the given 30 seconds. The following table shows the recommended ranges for this test for different age groups.

Recommended Ranges for Chair Stand Test

Norms for Men			
Age	Below Average	Average	Above Average
60-64	<14	14 to 19	>19
65-69	<12	12 to 18	>18
70-74	<12	12 to 17	>17
75-79	<11	11 to 17	>17
80-84	<10	10 to 15	>15
85-89	<8	8 to 14	>14
90-94	<7	7 to 12	>12

Norms for Women			
Age	Below Average	Average	Above Average
60-64	<12	12 to 17	>17
65-69	<11	11 to 16	>16
70-74	<10	10 to 15	>15
75-79	<10	10 to 15	>15
80-84	<9	9 to 14	>14
85-89	<8	8 to 13	>13
90-94	<4	4 to 11	>11

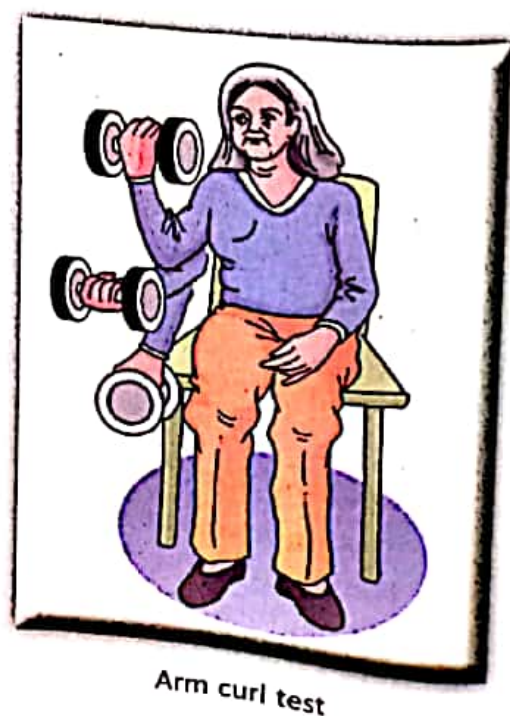
B. Arm Curl Test

The arm curl test is a test to measure the upper body strength. It is a part of the senior citizen fitness test. It is designed to test the functional fitness of aged people.

Purpose: The main purpose of this test is to assess the upper body strength and endurance which is required for performing household and other activities involving lifting and carrying things.

Equipment Required: A 5-pound weight for women and a 8-pound weight for men, a chair without arms and a stopwatch.

Procedure: The aim of the test is to find out the maximum number of arm curls that one can complete in 30 seconds. Arm curl is performed with the dominant arm side. The participant sits on the chair, holds the weight in the hand using a suitcase grip. It means the palms should be facing towards the body. The arm should be in



a vertically downward position. The upper arm should not move but lower arm should move freely. Curl the arm up through a complete range of motion gradually keeping the palm up. When the arm is lowered through the complete range of motion, gradually return to the starting position. The arm should be completely bent and then completely straightened at the elbow. This complete action should be repeated by the participant as many as times as possible within 30 seconds.

Scoring. The score is the total number of arm curls performed within the given 30 seconds duration. The following table shows the recommended ranges for the test for different age groups.

Recommended Ranges for Arm Curl Test

Norms for Men			
Age	Below Average	Average	Above Average
60-64	<16	16 to 22	>22
65-69	<15	15 to 21	>21
70-74	<14	14 to 21	>21
75-79	<13	13 to 19	>19
80-84	<13	13 to 19	>19
85-89	<11	11 to 17	>17
90-94	<10	10 to 14	>14

Norms for Women			
Age	Below Average	Average	Above Average
60-64	<13	13 to 19	>19
65-69	<12	12 to 18	>18
70-74	<12	12 to 17	>17
75-79	<11	11 to 17	>17
80-84	<10	10 to 16	>16
85-89	<10	10 to 15	>15
90-94	<8	8 to 13	>13

C. Chair Sit-and-Reach Test

Purpose: To assess the lower body flexibility, which is important for good posture, normal gait patterns and various mobility tasks such as getting in and out of bath tub or car.

Equipment required: Ruler, a chair with straight back approximately 44 cm high.

Procedure: The participant sits on the edge of the chair (kept against a wall for safety purpose). One foot should remain flat on the floor while the other leg should be extended forward with the knee in straight position.

Heel should be on the floor and ankle should be bent at 90°. Place one hand on the top of the other with tips of the middle fingers at the same level. Instruct the participant to inhale and then as he exhales, reach forward towards the toes by bending at the hip. His back should be straight and head up. Avoid any jerk or bounce and never stretch too much. Keep the knee straight and hold the reach for 2 seconds. The distance is measured between the



Chair sit-and-reach test

tip of the finger tips and the toes. If the finger tips touch the toes then the score is zero. If they do not touch, measure the distance between the fingers and the toes (negative score). If they overlap, measure the distance (positive score).

Scoring. The score is noted down to the nearest 1/2 inch or 1 cm as the distance reached either a negative or positive score. The following table shows the recommended norms in inches for this test for the different age groups.

Recommended Ranges for Sit-and-Reach

Norms for Men (in inches)				Norms for Women (in inches)			
Age	Below Average	Average	Above Average	Age	Below Average	Average	Above Average
60-64	<-2.5	- 2.5 to 4.0	>4.0	60-64	<- 0.5	- 0.5 to 5.0	>5.0
65-69	<-3.0	- 3.0 to 3.0	>3.0	65-69	<- 0.5	- 0.5 to 4.5	>4.5
70-74	<-3.5	- 3.5 to 2.5	>2.5	70-74	<- 1.0	- 1.0 to 4.0	>4.0
75-79	<-4.0	- 4.0 to 2.0	>2.0	75-79	<- 1.5	- 1.5 to 3.5	>3.5
80-84	<-5.5	- 5.5 to 1.5	>1.5	80-84	<- 2.0	- 2.0 to 3.0	>3.0
85-89	<-5.5	- 5.5 to 0.5	>0.5	85-89	<- 2.5	- 2.5 to 2.5	>2.5
90-94	<-6.5	- 6.5 to 0.5	>- 0.5	90-94	<- 4.5	- 4.5 to 1.0	>1.0

D. Back Scratch Test

Purpose: This test helps to assess the upper body (shoulder) flexibility, which is essential for a person to perform various jobs such as combing hair, putting on overhead garments, reaching for a seat belt, etc.

Equipment Required: A ruler.

Procedure: This test is performed in a standing position. Keep one hand behind the head and lower it down gradually over the shoulder and reach as far as possible at the middle of your back. Your palm should touch your body and the fingers should be downwards. Then carry your other arm behind your back with palm facing outward and fingers facing upward and try to reach up as far as possible in order to touch or overlap the middle finger of the other hand. Fingers should be aligned. Measure the distance between the tips of the fingers.

If the finger tips touch then the score is zero. If they do not touch measure the distance between the fingertips (negative score). If they overlap measure the distance (positive score). Let the participant practise twice and then two trials be conducted.



Back scratch test

Scoring. Record the best score out of the two trials to the nearest centimetre or 1/2 inch. The following table shows the recommended norms (in inches) for this test for different age groups.

Recommended Ranges for Back Scratch Test

Norms for Men (in inches)				Norms for Women (in inches)			
Age	Below Average	Average	Above Average	Age	Below Average	Average	Above Average
60-64	>6.5	6.5 to 0	<0	60-64	>3.0	3.0 to 1.5	<1.5
65-69	>7.5	7.5 to -1.0	<-1.0	65-69	>3.5	3.5 to 1.5	<1.5
70-74	>8.0	8.0 to -1.0	<-1.0	70-74	>4.0	4.0 to 1.0	<1.0
75-79	>9.0	9.0 to -2.0	<-2.0	75-79	>5.0	5.0 to 0.5	<0.5
80-84	>9.5	9.5 to -2.0	<-2.0	80-84	>5.5	5.5 to 0	<0
85-89	>10.0	10.0 to -3.0	<-3.0	85-89	>7.0	7.0 to -1.0	<-1.0
90-94	>10.5	10.5 to -4.0	<-4.0	90-94	>8.0	8.0 to -1.0	<-1.0

E. Eight Foot Up and Go Test

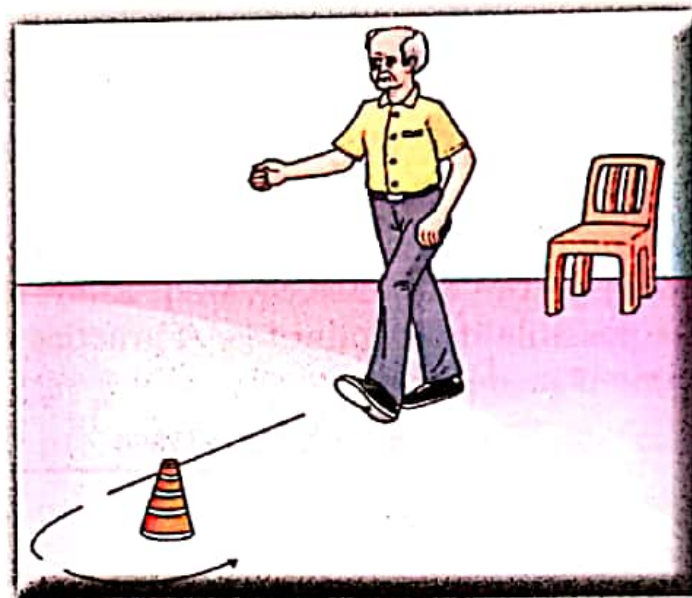
This test is conducted to assess coordination and agility in aged people.

Purpose: This test helps to evaluate speed, agility and balance of a person while moving. These are important factors in performing jobs which require quick manoeuvring, such as getting off a bus in time, to answer the phone, etc.

Equipment Required. A chair with straight back (about 44 cm high), a stopwatch, cone marker, measuring tape and an area without any hindrances.

Procedure: Keep a chair next to the wall and place the cone marker 8 feet away in front of the chair. The participant is initially completely seated, hands resting on the knees and feet flat on the ground. On the command 'Go', stopwatch is switched and the participant stands and walks (no running at all) as quickly as possible towards the cone, turns around and returns to the chair to sit down. Time is noted as he sits down on the chair. Two trials are given per participant.

Scoring. The best trial is recorded to the nearest 1/10th second. The table shows the recommended norms or ranges in seconds for this test for different age groups.



Eight foot up and go test

Recommended Ranges for Eight Foot Up and Go Test

Norms for Male (in Seconds)			
Age	Below Average	Average	Above Average
60-64	>5.6	5.6 to 3.8	<3.8
65-69	>5.7	5.7 to 4.3	<4.3
70-74	>6.0	6.0 to 4.2	<4.2
75-79	>7.2	7.2 to 4.6	<4.6
80-84	>7.6	7.6 to 5.2	<5.2
85-89	>8.9	8.9 to 5.3	<5.3
90-94	>10.0	10.0 to 6.2	<6.2

Norms for Female (in Seconds)			
Age	Below Average	Average	Above Average
60-64	>6.0	6.0 to 4.4	<4.4
65-69	>6.4	6.4 to 4.8	<4.8
70-74	>7.1	7.1 to 4.9	<4.9
75-79	>7.4	7.4 to 5.2	<5.2
80-84	>8.7	8.7 to 5.7	<5.7
85-89	>9.6	9.6 to 6.2	<6.2
90-94	>11.5	11.5 to 7.3	<7.3

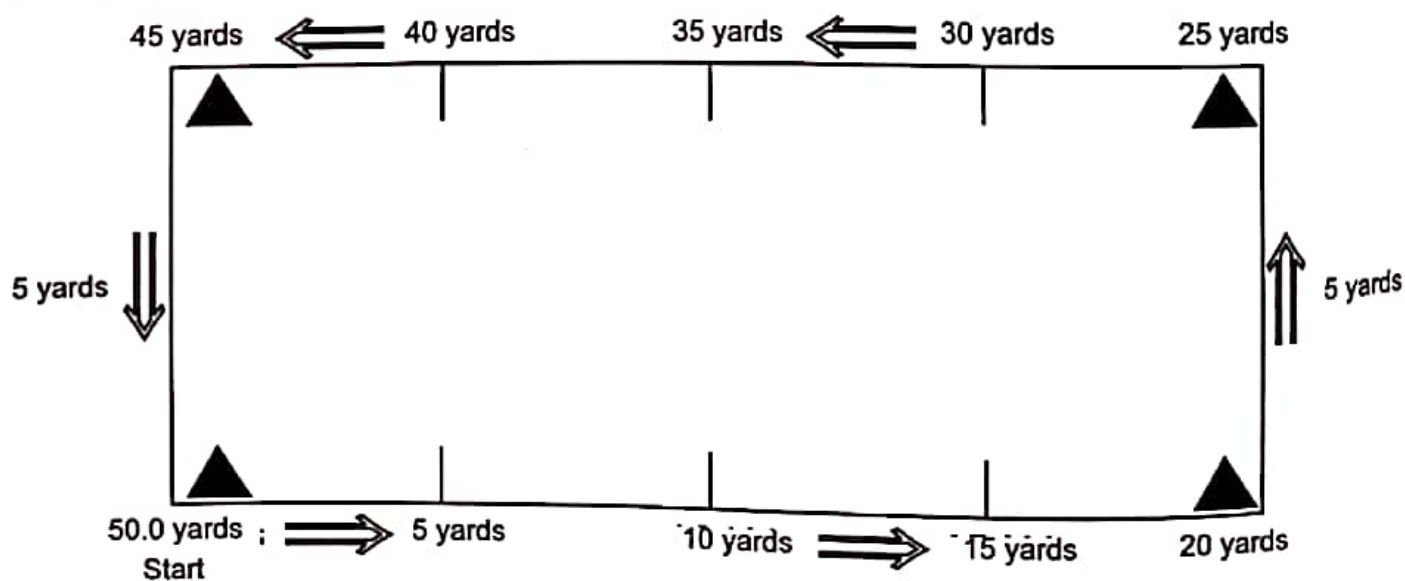
F. Six-minute Walk Test

The six-minute walk test is designed to test the functional fitness of senior citizens.

Purpose. This test helps to assess the aerobic fitness or aerobic endurance of a person which is an essential component for walking distances, stair climbing, shopping, sightseeing, etc.

Equipment Required. A measuring tape, a stopwatch.

Procedure: The walking distance or course is marked i.e., 45.72 m or 50 yards in a rectangular area (20 × 5 yards) of 5 yards with cones placed at regular intervals to indicate the distance covered. Efforts are made to walk maximum distance as quickly as possible in six minutes. A practice trial is given to the participant. He may stop any time if he desires so.



Six-minute Walk Test

Scoring. The total distance covered in six minutes is recorded to the nearest metre.

Recommended Ranges for Six-Minute Walk Test

Norms for Male (in yards)				Norms for Female (in yards)			
Age	Below Average	Average	Above Average	Age	Below Average	Average	Above Average
60-64	<610	610 to 735	>735	60-64	<545	545 to 660	>660
65-69	<560	560 to 700	>700	65-69	<500	500 to 635	>635
70-74	<545	545 to 680	>680	70-74	<480	480 to 615	>615
75-79	<470	470 to 640	>640	75-79	<430	430 to 585	>585
80-84	<445	445 to 605	>605	80-84	<385	385 to 540	>540
85-89	<380	380 to 570	>570	85-89	<340	340 to 510	>510
90-94	<305	305 to 500	>500	90-94	<275	275 to 440	>440

YOGA

HISTORY

The word '*yoga*' comes from the Sanskrit word '*yuj*' which commonly means 'to add', 'to join', 'to unite', or 'to attach'. Yoga can be called a spiritual discipline which focuses on bringing harmony between mind and body.

Yoga is believed to have historically existed in the pre-Vedic period (2700 BCE) of ancient India. Various sages and practitioners have contributed to preserving and developing yoga into the form we know today. The period 1700 to 1900 CE is considered as Modern Period in the history of yoga. Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda, among others, contributed to the development of Raja Yoga during this period.

Yoga is now practised widely for physical fitness and mental well-being. It has been popularised in many countries through the teachings of Swami Shivananda, Shri T Krishnamacharya, Swami Kuvalayananda, Shri Yogendra, Swami Rama, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, K Pattabhi Jois, B K S Iyengar, and Swami Satyananda Sarasvati.

ASANAS FOR OBESITY

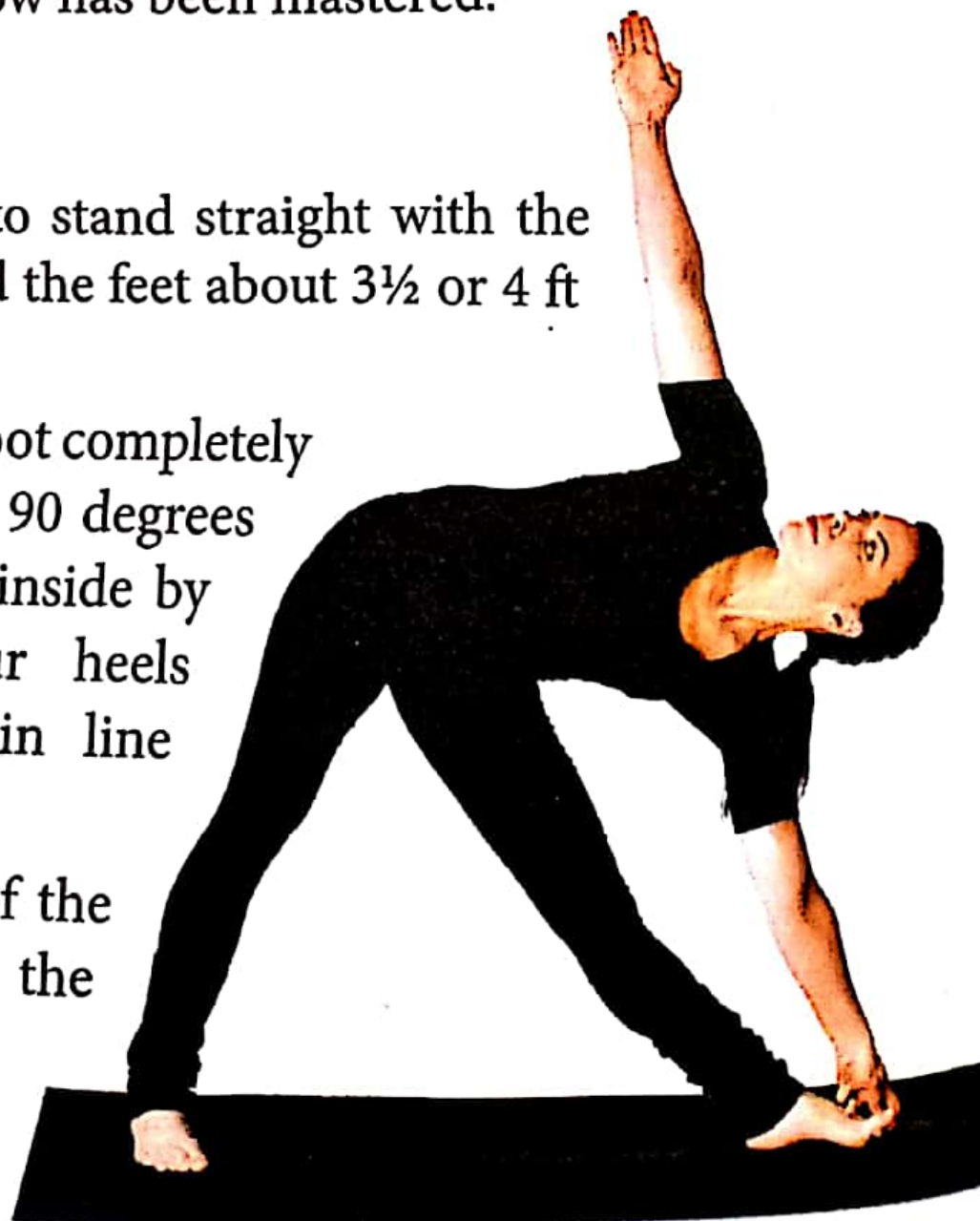
Obesity is a physical condition in which a person has accumulated so much body fat that it might have a negative effect on her/his health. Obese people are prone to several potential diseases, such as arthritis, hypertension, cancer, flat foot, respiratory disease, liver problem, diabetes, etc. Obesity can be caused by genetics, overeating, eating frequently, physical inactivity, and also psychological factors.

Trikonasana

Trikonasana, or the Triangle Pose ('*trikona*' for 'triangle'), is another standing yoga pose which those wanting to control their weight will find useful. It has three advanced forms: *utthita trikonasana* (extended triangle pose), *baddha trikonasana* (bound triangle pose) and *parivrtta trikonasana* (revolved triangle pose), which should be done only after the basic procedure given below has been mastered.

Procedure

1. The first step is to stand straight with the knees unbent and the feet about 3½ or 4 ft apart.
2. Turn your right foot completely to the outside by 90 degrees and the left foot inside by 15 degrees. Your heels should be kept in line with the hips.
3. Align the centre of the right heel with the centre of the arch of the left foot. Your feet should



- press the ground firmly and the weight of the body should be equally balanced on both the feet.
4. Spread your arms to the sides. They should be parallel to the ground with the palms facing down. Extend your trunk to the right.
 5. Drop the right arm so that the right hand reaches the front of the right foot.
 6. Now, extend the left arm vertically. Twist the spine and trunk gently in a counter-clockwise direction. This time, the spine should remain parallel to the ground.
 7. Stretch the arms away from one another. You may turn your head and look up to intensify the spinal twist.
 8. Hold this position for 5 to 10 breaths. Inhale deeply. Relax your body with each exhalation.
 9. Repeat the posture by switching the position of the legs.

Benefits

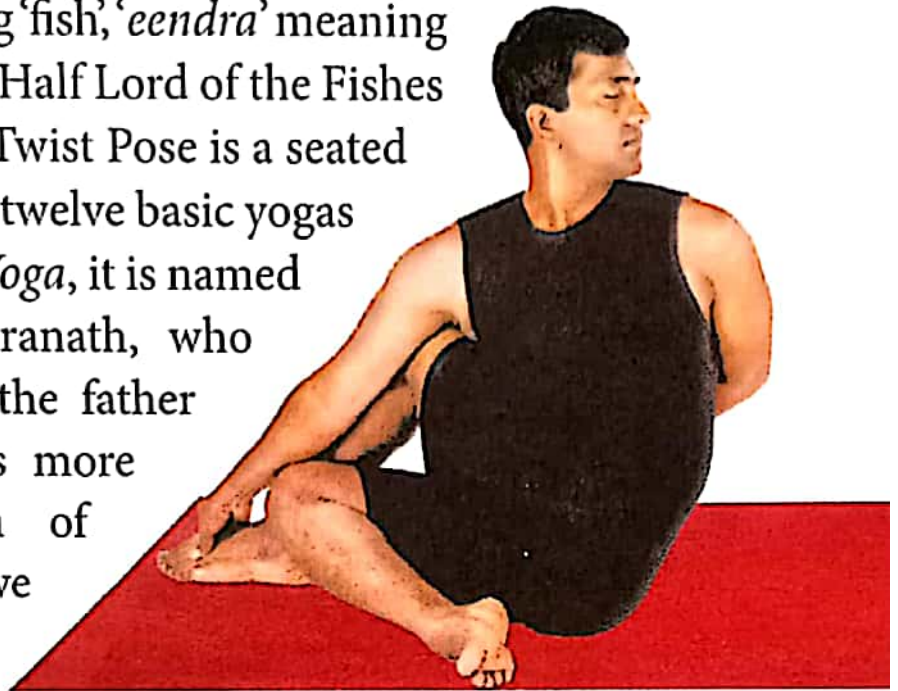
- ❖ It relieves gastritis, indigestion, flatulence, and acidity. Since it helps burn fat, it is highly recommended for those hoping to lose excess weight.
- ❖ It also improves flexibility of the spine and corrects the posture of the shoulders.
- ❖ It massages the pelvic organs and strengthens them.
- ❖ It reduces stiffness in the back, neck, shoulders and knees.
- ❖ It reduces anxiety and stress.
- ❖ It improves blood circulation and strengthens and stretches the hips, back, arms, thighs and legs.

Contraindications

1. This asana should be avoided by those who have migraine, diarrhoea, blood pressure problems or injuries of the neck and back.
2. Those with high blood pressure should not raise their hand overhead if they want to try this pose, as the stance may raise the blood pressure.
3. Beginners should practise this under the guidance of an expert.
4. Those with cervical spondylosis should not look up for too long.
5. Those with a heart condition should practise against a wall and avoid raising the arm. Rather the arm should rest along the hip.

Ardha Matsyendrasana

Ardha Matsyendrasana ('Ardha' meaning 'half', 'matsya' meaning 'fish', 'eendra' meaning 'king'), also known as Half Lord of the Fishes Pose and Half Spinal Twist Pose is a seated yoga pose. One of the twelve basic yogas performed in *Hatha Yoga*, it is named after Yogi Matsyendranath, who is considered to be the father of Hatha Yoga. It is more complicated version of *Vakrasana*, which we will read about later.



Procedure

Figure 12.4 Ardha Matsyendrasana

1. First, sit up with the legs stretched out straight in front of you. Keep the feet together and the spine erect.
2. Bend your right leg. Place the heel of the right foot beside the left hip, and bring the left leg over the right knee.
3. Place the right hand on the left leg and the left hand behind you.
4. Gently twist your waist, shoulders and neck in this sequence to the left, looking over the left shoulder. Your spine should be erect.
5. Hold the position for a few seconds, keeping your breath steady.
6. Exhale and release the left hand first, followed by the waist, chest, and then finally the neck.
7. Sit up relaxed yet straight. Repeat with the other side.

Benefits

- ❖ The twisting position massages the abdominal organs, increasing the release of digestive juices and improving the functioning of the digestive system.
- ❖ It brings relief from stiffness, stress and tension in the back.
- ❖ By opening up the chest, it greatly increases the supply of oxygen to the lungs.
- ❖ It also loosens up the hip and makes the spine more flexible.
- ❖ It improves the circulation of blood.
- ❖ It improves the flexibility of the back muscles, leg muscles, etc. and tones the muscles.

Contraindications

1. Pregnant and menstruating women should avoid this position as the twisting of the abdomen might be too strong for them.
2. People who have had heart, abdominal or brain surgeries, and those with spinal problems and slipped discs should not practise this asana.
3. People who have severe back or neck pain should practise carefully and under the supervision of an expert.

ASANAS FOR BACK PAIN

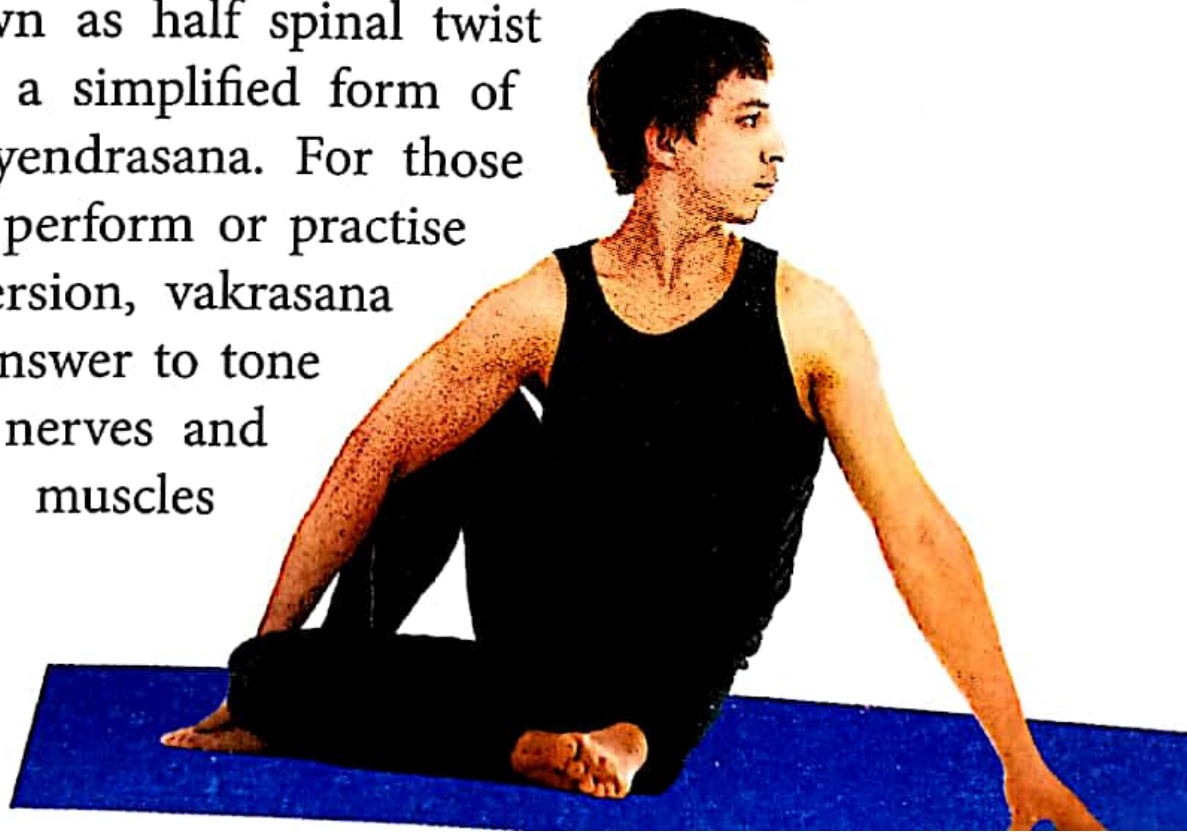
Back pain is pain felt in the back and may be neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar), or coccydynia (tailbone). It may differ in intensity or duration. Sometimes, it may extend to the hands and feet.

The common causes of back pain are incorrect body posture resulting from poor build of the body or slouching due to use of electronic gadgets, accidents, excessive weight, muscle strains and/or spasms, sports injuries, lack of exercise, etc.

Vakrasana

Vakrasana ('*vakra*' meaning 'twisted') is also known as half spinal twist pose and is a simplified form of Ardha Matsyendrasana. For those who cannot perform or practise the fuller version, vakrasana can be the answer to tone their spinal nerves and abdominal muscles and organs.

Figure 12.15
Vakrasana



Procedure

1. Sit down and stretch out your legs. Rest your hands beside your thighs or buttocks.
2. Keep your right leg straight and stretched.
3. Place your left foot beside the right knee as you keep your left knee raised upward.
4. Inhale and straighten your elbows by raising the shoulder. As you exhale, twist your body to the left by placing the right arm by the outer side of the left knee and with your right hand, hold on to the left ankle. Then place the left hand behind the back by resting the palm on the floor.
5. Turn your head backward from the left side. The final position of each stage should be held while breathing naturally. Hold the position as long as it is comfortable.
6. Next, inhale and straighten the elbow of your right arm by raising your shoulder. As you exhale, release your body that is twisted towards the left by placing your right hand by the side of the right buttock and left hand by the side of the left buttock.
7. Relax as you take a deep breath. Repeat the same steps on the other side.

Benefits

- ❖ It helps to reduce abdominal fat, which can cause back pain. It also improves the function of the spine.
- ❖ It massages the abdominal organs and enhances digestion by regulating the secretion of digestive juices.
- ❖ Among other things, it strengthens the kidneys and prevents enlargement of the liver and spleen.

Contraindications

This asana should not be performed by individuals who have ulcer and liver problems.



Shalabhasana

- *Shalabhasana* ('shalabh' meaning 'locust'), also known as locust pose because the body looks like a locust or a grasshopper, is simple to do and suitable for everybody. This asana is especially beneficial for the spine.

Procedure

1. Lie down on your stomach and place both hands underneath the thighs.
2. Inhale and lift up your outstretched right leg. Rest your chin on the ground.
3. Maintain this position for 10 to 20 seconds. Then exhale and bring back your leg to its initial position.
4. Follow the same steps with your left leg and repeat the cycle 5 to 7 times.
5. Inhale and lift up both your legs without bending the knees. Repeat the same process for both your legs 2 to 4 times.

Benefits

- ❖ It is beneficial for the disorders of the lower end of the spine, especially backache and sciatica.
- ❖ It helps in reducing extra fat around the abdomen, waist, hips and thighs.
- ❖ It has the ability to cure cervical spondylitis and spinal cord ailments if practised daily.
- ❖ It strengthens the muscles at the back.

Contraindications

1. Do not practise this asana if you have injured or weak knees.
2. Also, avoid this pose if you have an injured ankle.

ASANAS FOR HYPERTENSION

An increase in blood pressure beyond normal level is called hypertension. The main function of the heart is to supply purified blood to various parts of the body through the arteries. When the heart contracts, it pushes the blood through the blood vessels and consequently the blood pressure increases in the arteries. This pressure is called systolic blood pressure. When the heart muscle is relaxed between beats, it is said to be in diastolic mode. The systolic and diastolic pressure represent the maximum and minimum pressure respectively. Normal blood pressure at rest should be within the range of 100–140 mm/Hg systolic (which is the top reading), and 60–90 mm/Hg diastolic (bottom reading).

Hypertension may lead to strokes, aneurysms, arterial diseases and even chronic kidney diseases. It is a major cause of death throughout the world.

Causes of Hypertension

- ❖ Genetic causes
- ❖ Unhealthy lifestyle
- ❖ Obesity
- ❖ Lack of exercise

Tadasana

The prefix 'tada' means 'palm', so this asana is also referred to as palm tree pose. Alternatively, it is also called the mountain pose. It is a simple preparatory asana which can be used to warm-up before taking on complicated poses. Though it can be performed at any time of the day, it is recommended that you do it 4-6 hours after taking your meals.

Procedure

1. Stand erect with your feet together and your arms at the sides. Breathe steadily.
2. Distribute your body weight evenly on the feet. Then lift and spread your toes and the balls of your feet. Lay them gently on the ground.
3. Make your thigh muscles firm and lift your knee caps. This should be done with the relaxation of the abdominal muscles.
4. Lift your inner ankles to strengthen the inner arches.
5. Turn your upper thighs slightly inward.
6. Elongate your tailbone towards the floor and lift your pubis towards your navel.
7. Now breathe in and stretch your shoulders, arms and chest upwards. Raise your heels. Your weight should be balanced on the toes.
8. Feel the stretch in your body right from your feet to your head.
9. Hold the pose for a few seconds and exhale.
10. Make sure that while doing this pose, you don't tuck your tailbone and flatten your lumbar spinal curve. Doing this pushes your hips forward and prevents you from forming a long line from your feet to the top of the head.



Benefits

- ❖ It strengthens the chest and improves respiration, and opens up the heart and spine. The flow of blood in the arteries thus becomes more fluid and smooth.

- ❖ It enhances the nervous system, strengthening your ability to focus.
- ❖ It improves posture, and makes the buttocks and abdomen firmer.
- ❖ It strengthens the thighs, knees, and ankles, in addition to increase their flexibility.

Contraindications

1. Tadasana should be carried out with caution by those suffering from headaches, insomnia or low blood pressure.
2. Hyper extension of the knee can cause knee problems.
3. This asana should be avoided during pregnancy.

Pavanmuktasana

Pavanmuktasana ('pavan' meaning 'wind', and 'mukta' meaning 'free'), also known as wind removing pose or wind liberating pose, is a bending pose in which the practitioner lies supine to release tension in the abdomen and back area.



Figure 12.7 Pavanmuktasana

Procedure

1. Ideally, this asana should be performed in the morning in order to get rid of gas inside your body. It is particularly effective to do it as the first step of your morning routine since it will make other poses easier. If not, then allow at least four to six hours to pass after your meal.
2. Lie on your back on a smooth and flat surface and keep the legs straight and relax.
3. Inhaling slowly, raise your legs and bend the knees. Bring them gradually towards the chest till your thighs touch the stomach.
4. Clasp your hands around your legs to hug your knees. Lock your fingers to secure the position.
5. Next, try to touch the knee with the nose tip.
6. Hold this position for 20 to 30 seconds.
7. Exhale slowly and undo the pose after you roll from side to side about three to five times. Relax.
8. Practise 3 to 5 cycles daily.

Benefits

- ❖ It strengthens the abdominal muscles and massages the intestines and internal organs of the digestive system. Consequently, trapped gases are released and digestion is enhanced.
- ❖ It helps burn fat in the thighs, buttocks, and abdominal area, thereby contributing to loss of weight.
- ❖ It also brings relief from menstrual cramps and pain in the lower back.
- ❖ It boosts blood circulation in the hip areas.

Contraindications

1. Those who have had abdominal surgery recently or are suffering from hernia or piles must avoid this asana.
2. Pregnant women must avoid this asana in order to avoid causing stress to the body or causing complications.
3. It should also be avoided by patients of heart problems, hyper-acidity, high blood pressure, slipped disc, hernia, back and neck problems, or a testicle disorder.
4. An individual with a neck injury should practise this asana with her/his head resting on the floor, and only with the approval of a doctor.

ASANAS FOR DIABETES

Diabetes Mellitus, or diabetes, is a disease that causes sugar to build-up in our blood. Our body uses a hormone called insulin to control the level of sugar in our blood. When the body fails to produce sufficient amount of insulin or when insulin does not work properly, diabetes occurs. This disease, also known as 'blood sugar', is characterised by hyperglycaemia (high blood sugar level), glucosuria (glucose in the urine), polydipsia (excessive thirst) and polyphagia (excessive appetite). Tiredness, blurred vision, poor immunity, slow recovery from wounds, excessive weight gain or loss are other common symptoms.

There are three main types of diabetes:

1. **Type 1 (insulin dependent):** The pancreas gland does not produce insulin.
2. **Type 2 (insulin independent):** An inherited variety that normally appears after the age of 40 years in which cells fail to respond to insulin properly. The primary cause is excessive weight and lack of physical activity.
3. **Type 3 (gestational diabetes):** It occurs when pregnant women without a history in diabetes suddenly develop a high blood sugar level.

Bhujangasana

Bhujangasana ('*bhujang*' meaning 'cobra'), also known as cobra pose is a back bending pose which forms the eighth pose of the twelve poses of *Surya Namaskar*. It should be practised on an empty stomach; you should have taken your meals at least four to six hours before practising this pose. The best timing for performing this asana is early morning.

Procedure

1. First, you must lie flat on your stomach with forehead touching the floor. Place your hands on the side of your thighs.

2. Move your hands to the front, keeping them at the shoulder level, and place your palms on the floor.
3. Balancing your body's weight on the palms, breathe in and slowly raise your head and trunk. Your arms should be bent at your elbows at this stage.
4. Work towards arching your neck backward. This is done to assume the pose of a cobra with a raised hood. It is important that your shoulder blades remain firm and that your shoulders are away from your ears.
5. Press your hips, thighs and feet to the floor.
6. Hold the position for 15–30 seconds while breathing normally.
7. To undo the pose, slowly bring your hands back to the sides. Rest your head on the ground by bringing your forehead in contact with the floor. Place your hands under your head. Then, slowly rest your head on one side and breathe.

Benefits

- ❖ It puts the abdominal muscles and shoulders to work, increasing the circulation of the blood and oxygen in those regions, which in turn raises the body temperature and boosts the body's metabolism to levels that are beneficial at controlling diabetes.
- ❖ It fights acidity, indigestion and constipation, and helps the practitioner lose weight.
- ❖ It enhances the function of the liver, kidney, pancreas and gall bladder.
- ❖ It strengthens the arms and shoulders.

Contraindications

1. Those with severe back problems, neck problems, hernia and carpal tunnel syndrome and pregnant women should avoid this *yoga* pose.
2. Those suffering from stomach disorders like ulcers and intestinal tuberculosis should perform this under the guidance of a trained expert.

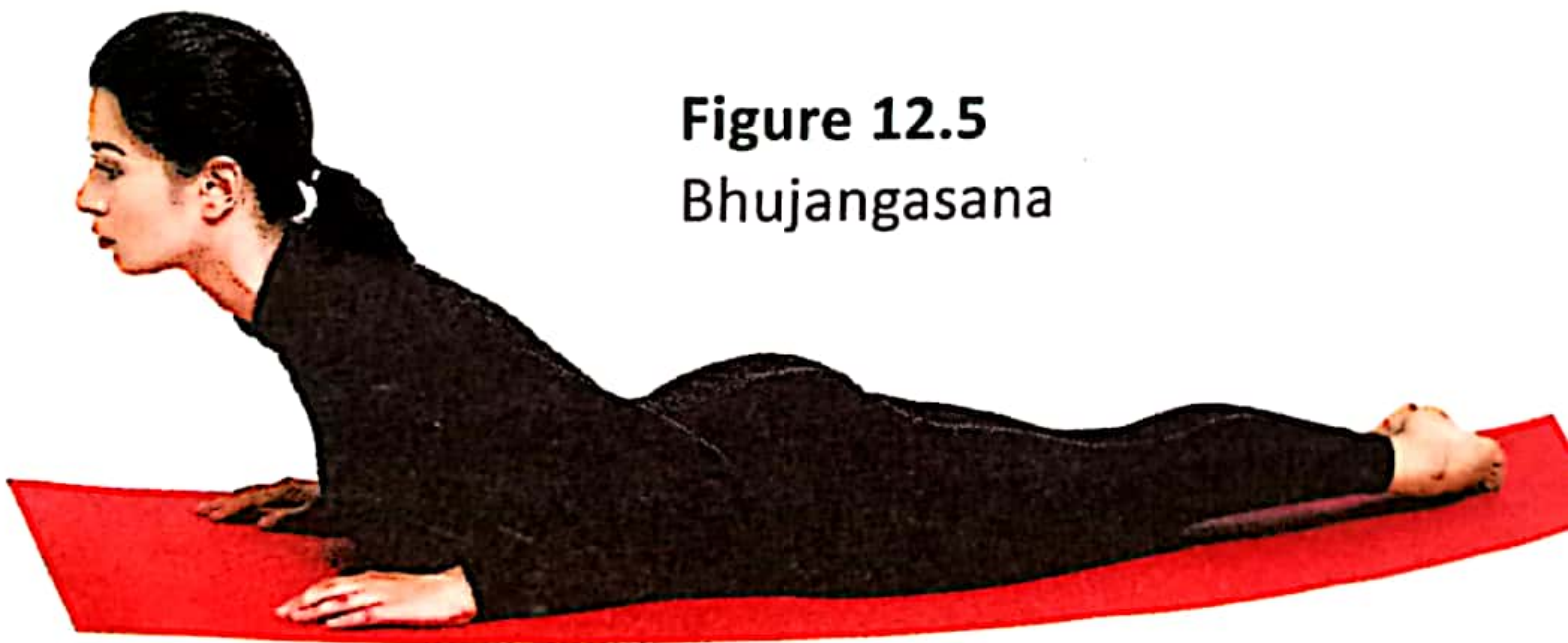


Figure 12.5
Bhujangasana



Figure 12.6 Paschimottasana

Paschimottasana

Paschimottasana ('paschim' meaning 'west', or backside of the body, and 'uttana' meaning 'stretch'), also known as seated forward bend pose is a sitting pose used for stretching the spine. It is particularly beneficial for diabetic people.

Procedure

1. The first step is to lie down on your back on a mat. Your legs should be straight.
2. Stretch your hands upward, keeping your fingers straight. Inhale deeply.
3. With your arms still stretched, slowly raise your body and sit. Your spine should be erect and toes flexed towards you. Breathe normally.
4. Slowly raise both the arms straight above your head and stretch your back. This should be done while inhaling.
5. With slow exhalation, bend forward from the hip joint. Move your chin towards the toes keeping the spine erect.
6. Place your hands on your legs without over-exerting them.
7. If you can hold your toes, pull on them to help you go forward. If not do not put undue pressure trying to achieve this step. The trick is to start with what you are comfortable with.
8. Stay in this position as long as possible. Then breathe in and rise, stretching your arms above your head.
9. Exhale and bring your arms down, placing the palms on the ground.

Benefits

- ❖ While practising paschimottanasana, the intestine and gall bladder are smoothly pressed and stimulated, enhancing their functions.
- ❖ It massages and tones the abdominal and pelvic organs and improves blood circulation.

- ❖ It also reduces belly fat and brings relief from constipation.

Contraindications

1. Pregnant women and those who have had stomach operation should avoid this asana.
2. In case of a damaged and enlarged liver and/or spleen, or if you have a herniated disc or acute appendicitis, it is advisable not to practise this asana.

ASANAS FOR ASTHMA

Asthma is a respiratory disease in which the airways become blocked or narrowed, resulting in breathing difficulty. Symptoms include extra production of mucus, excessive coughing, wheezing and shortness of breath. Asthma tends to occur in the mornings and nights – especially during the colder hours. For some people, asthma can be a serious and debilitating condition. They have to carry a nebuliser (breathing machine) around to help them recover from the attacks. It is an incurable disease, but one that can be

controlled. The causes of asthma are as follows:

1. It can be allergic or non-allergic. In the former case, attacks are often triggered by allergens in the air, including smoke and fumes, perfumes, scented soaps, etc.
2. Genetic factors are also known to cause asthma.
3. Respiratory infections such as cold, flu, sore throat and sinus infections, exercising in cold temperature, and certain medications like aspirin and non-steroid anti-inflammatory drugs are also found to be causes of asthma.

Chakrasana

Chakrasana ('chakra' meaning 'wheel') also known as *Urdhva Dhanurasana* or upward facing bow pose, is a back-bending pose commonly referred to as 'back bridge' in acrobatics and gymnastics. It is one of the final sequences in *Ashtanga Vinyasa* Yoga, the modernised version of classical yoga popularised by K Pattabhi Jois.

Procedure

1. You may begin this asana with a performance of *bhujangasana*.
2. Lie on the back with the feet parted, bend the knees and bring your feet closer to the buttocks.
3. Fold your arms and bring the palms under the shoulders. The two elbows should have a shoulder width distance between them.

Figure 12.9
Chakrasana



4. Inhale and press your palms firmly against floor.
5. Lift your shoulders using your elbows as levers. Both your palms and feet should be firmly pressed against the floor as you do this.
6. Now, raise your hips so that your spine is arched in a semicircular fashion.
7. Stretch your arms and legs as much as possible so that the hips and chest are pushed up. Hold this position for at least 15–30 seconds.
8. To release yourself from this pose, lower your head and shoulders to the floor by bending the elbows. Then bend your knees and lower your spine and hips. Breathe normally.

Benefits

- ❖ Chakrasana opens up our lungs and stretches our chest and shoulders. As this refines the act of breathing, this asana is highly advantageous for asthma patients.
- ❖ Additionally, it makes the shoulder blades, wrists, arms, legs, spine, buttocks, the heart and the muscles of the hips stronger.
- ❖ It also stimulates the thyroid and pituitary glands.

Contraindications

1. This asana is not recommended for those with carpal tunnel syndrome, back injuries, blood pressure problems, headache, diarrhoea, hernia or heart problems.
2. Pregnant women too are advised against taking up this asana.

Gomukhasana

Gomukhasana ('go' means 'cow' and '*mukha*' means 'mouth' or 'face') is also known as cow face pose. It is so named because the overall position of the thighs, calves and feet of the person has the appearance of the face of a cow when viewed from above. This position must be practised on an empty stomach and after bowel movements. It is best to do it in the morning.

Procedure

1. Sit on the floor with your legs stretched out in front of you. Your spine should be erect.
2. Gently bend your left leg and bring it under your right leg so that the calf rests beneath the right hip. Fold your right leg and position the calf above the left thigh.



Figure 12.10 Gomukhasana

3. Stack your right knee on top of the left one.
4. Now fold your left arm and place it behind your back. The elbow should point downwards. Fold your right arm and bring it behind the shoulder with the elbow pointing upwards.
5. Stretch your arms till the two hands are touching each other. Do not worry if you cannot achieve this the first time.
6. Still keeping the spine straight, open up your chest, then lean back slightly.
7. Hold this pose for as long as you can, taking deep and slow breaths.

Benefits

- ❖ This asana strengthens the chest and eases breathing. It also gets rid of stiffness in the shoulders and the back.
- ❖ It also trains an individual to breathe correctly by making her/him focus on her/his own breathing.
- ❖ Additional benefits include relaxation, stretching of muscles, and bringing relief from frequent urination.

Contraindications

1. This asana should be avoided by those who have ailments of the knee, back and neck.
2. Overweight individuals should start slowly and not exert themselves beyond comfortable limits.